

Planned Course: Net and Racquet Sports	Course Number: PE709	Department: Health and Physical Education	
Unit: Pickleball (Paddleball)	Grade Level: 10-12		
Estimated Time: 20 classes	Level/Track: All	Date Approved: 08/27/2018	
PA Academic Standards	▶ Core Concepts (in question format) • Skills/Knowledge	Activities/Strategies/Study Skills (identify some activities as remedial or enrichment activities)	Assessments (include types and topics)

<p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p>	<p>▶ What are the principles for developing the motor skills of Pickleball?</p> <ul style="list-style-type: none"> • The student will be able to demonstrate safe and correct use of equipment. • The student will be able to identify the parts of the playing court. • The student will be able to refine their forehand stroke and backhand stroke. • The student will be able to perform a lob, a smash, a drop shot, and a passing shot. • The student will be able to utilize the scoring procedure during game play. • The student will be able to perform an 	<ul style="list-style-type: none"> • Teacher modeling and demonstration of safe and correct use of equipment and Pickleball techniques. • Partner practice • Self practice • Lead-up games/drills <ul style="list-style-type: none"> - Eight Ball Rally - Backhand Rally • Games: <ul style="list-style-type: none"> - Singles - Doubles • Tournaments 	<ul style="list-style-type: none"> • Teacher observation of safe and correct use of equipment, student performance and technique. • Class participation and preparation according to the Physical Education Guidelines. • Handouts may include, but not limited to: What is your skill level in Pickleball • Self and peer-evaluation using Pickleball rubrics. • Oral quizzes • Written Pickleball Rules quiz • Worksheets
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	<p>underhand serve.</p> <ul style="list-style-type: none"> The student will demonstrate their knowledge of the rules during game play. 		
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